

Amendments to the Claims

1. (Currently amended) A ready to eat consumer food product having the beneficial effect of reducing high cholesterol level ranges comprising;

at least a first beneficial soluble fiber component provided in an amount of approximately 1 to 3 grams per serving size and a protein content of at least 8% is selected from the group consisting of oat flour, oat bran, and beta-glucan;

at least a second beneficial component selected from the group consisting of beta sitosterol, stigmasterol, campesterol, ergosterol, beta sitostanol, campestanol, stigmastanol and fatty acid derivatives thereof; and

wherein ingestion of the ready to eat consumer food product containing a combination of said first and second beneficial components provides a serum cholesterol lowering effect.

2. (Previously amended) A ready to eat consumer food product as recited in claim 1 wherein said first beneficial component comprises between 1 to 25 percent by weight.

3. (Previously amended) A ready to eat consumer food product as recited in claim 1 wherein said second beneficial component comprises between 1 to 25 percent by weight.

4. (Cancelled).

5. (Previously amended) A ready to eat consumer food product as recited in claim 1 wherein said ready to eat consumer food product is a ready to eat meal.

6. (Cancelled).

7. (Previously amended) A ready to eat consumer food product as recited in claim 1 wherein said ready to eat consumer food product is a ready to eat cereal.

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8. (Cancelled).

9. (Cancelled).

10. (Previously amended) A ready to eat consumer food product as recited in claim 1 wherein said ready to eat consumer food product is a fruit snack.

11. (Cancelled).

12. (Cancelled).

13. (Cancelled).

14. (Cancelled).

15. (Previously amended) A ready to eat consumer food product as recited in claim 1 wherein said ready to eat consumer food product is a bakery product.

16. (Previously amended) A ready to eat consumer food product as recited in claim 1 wherein said ready to eat consumer food product is a snack product.

17. (Currently amended) A ready to eat consumer food product for use in reducing LDL cholesterol levels, comprising;

at least a first soluble fiber component provided in an amount of approximately 1 to 3 grams per serving size and a protein content of at least 8% having a first beneficial health effect selected from the group consisting of oat flour, oat bran, and beta-glucan;

at least a second sterol based component having a second beneficial health effect, which may be similar to said first beneficial health effect, said first soluble fiber component is provided in at least an equal amount to said second sterol component;

said at least first and second components provided in a particular ratio to create a ready to eat food product that delivers a health benefit of reducing LDL cholesterol levels.

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18. (Cancelled).

19. (Cancelled).

20. (Currently amended) A ready to eat consumer food product for use in reducing total cholesterol levels, comprising;

at least a first soluble fiber component provided in an amount of approximately 1 to 3 grams per serving size and a protein content of at least 8% having a first beneficial health effect selected from the group consisting of oat flour, oat bran, and beta-glucan;

at least a second sterol based component having a second beneficial health effect, which may be similar to but distinct in effect from said first beneficial health effect;

said at least first and second components provided in a particular ratio of one to another to create a ready to eat food product that delivers a health benefit of reducing total cholesterol levels.